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RCMP investigate Langdon death

SUSPICIOUS Strathmore RCMP are investigating the suspicious death of a man found face down on a rural road yesterday morning.

Officials said the death appeared to be suspicious, but an autopsy won't be conducted until later this week to determine the cause and circumstances, according to RCMP Cpl. Patty Neely. The man was found face down near Langdon, just east of Calgary.

Calgary police are assisting in the investigation, which is in its very early stages, she also said in a release.

METRO CALGARY

Riding the Recession

Looking for ways to save money and ride out the economic storm? Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

• Health

How to deal with recession stress without pulling your hair out, pg 16

• Tomorrow

Auto – Putting the brakes on car maintenance and keeping the mechanic away.

Roundup Centre no more

BMO lassos naming rights to newly expanded Stampede facility

DARREN KRAUSE
darren.krause@metronews.ca

Continuing with a century-old partnership, BMO Financial Group hitched part of its marketing hopes for the next decade on the Greatest Outdoor Show on Earth.

In the new deal announced yesterday at Calgary Stampede headquarters, BMO wrangled the naming rights of the newly expanded Roundup Centre for the next 10 years, with the name changing to the BMO Centre.

tre.

"We're very excited that BMO has deepened its relationship with the Calgary Stampede — this is the largest corporate sponsorship in Stampede history," said Vern Kimball, Calgary Stampede CEO.

Though no financial terms were disclosed, the sponsorship deal elevated BMO into the highest level of Stampede sponsorship — the Champion level — which comes with a minimum price tag of \$375,000 annually, according to Stampede



George Brookman, Stampede president, from left, Ted McCarron, with BMO Bank of Montreal, and Vern Kimball, Calgary Stampede CEO, unveil the look of the new BMO Centre.

conomic times, admits Ted McCarron, BMO senior VP, Prairies division, but he said his organization is looking far beyond the immediacy of today's economic landscape and to the future.

"One can't think of the current economic conditions and make decisions based on just one or two years," McCarron said, acknowledging the tremendous brand value a partnership with the Stampede brings to the financial institution.

"I think we think of this sponsorship and our rela-

tionship and our marketing opportunities over a long, long period of time."

BMO has been the banker for the Calgary Stampede since 1912, and has been a major sponsorship partner of such Stampede events as the Farm Family Awards for the past three decades.

The Calgary Stampede recently scored 93 out of a possible 100 points in the International Event Group's ranking scale, making it one of the highest ranked sponsorship properties in North America.



Atheist ads rolled out on select city buses yesterday on various routes and city transit confirmed counter ads from religious groups are on their way.

Age-old question begins playing out on Calgary buses

JENNIFER HILLIKER
for Metro Calgary

DEBATE The ultimate debate — whether or not there is a God — has taken to Calgary buses.

Eight buses started displaying controversial atheist ads paid for by the Canadian Free Thought As-

sociation yesterday, saying, "There probably is no God. Now stop worrying and enjoy your life."

But a Calgary Islamic group will launch its own counter-ads on 10 buses on behalf of eight religious organizations in the city within the next two weeks.

The ads will read, "God

Ads running

- The atheist bus ads will appear on buses on routes 40, 112, 72, 143 and 73.

cares for everyone, even those who think he doesn't exist."

"We need to tell our side

of the story," said Syed Soharwardy, leader of the campaign.

"We have asked them (the atheist ad sponsors) to sit down and talk rather than putting ads in the buses. We should have talked in a mature format rather than putting all this on the public. Unfortunately those people have

decided to go ahead, and we will too."

Calgary Transit representative Ron Collins said both ad campaigns comply with Canadian advertising standards.

"Because they might be offensive to some people does not provide reason to disallow an ad," said Collins.

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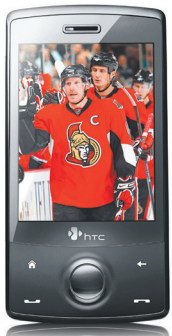
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SUV crashes into empty northeast home

An SUV veered off an icy northeast road and across several front yards before crashing into a duplex-style home in Whitehorn yesterday morning. The vehicle was embedded halfway into the home, which was later reported to be vacant. The driver was assisted out of the SUV and transported to hospital. **METRO CALGARY**

Local



Viva la Coldplay!

U.K. rock band Coldplay is making their way west and stopping in Calgary as part of their North American tour on June 17 at the Pengrowth Saddledome. Tickets go on sale at Ticketmaster on Saturday for \$49.50, \$79.50 and \$97.50. The concert will also feature special guests. **METRO CALGARY**

News in brief

EVACUATION Fire crews evacuated 40 preschool children and 50 adults from a southeast building yesterday after reports of a strong odour. Officials say the smell in the building at Sunpark Plaza SE was the result of contractors spraying lacquer over the weekend. One person was assessed and transported to hospital. Hazardous materials crews were called to take readings of the air inside the building and determined the structure was safe.

DROWNING A two-year-old child drowned in a bathtub yesterday afternoon in a southeast home, according to Calgary EMS. Paramedics arrived at the site in Dover around 2:30 p.m. to find the child in cardiac arrest. The boy was rushed to hospital in life-threatening condition, with police and fire crews blocking traffic along the route. The toddler was pronounced dead on arrival. The circumstances surrounding his death are under investigation. **METRO CALGARY**

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What's online today.

Video Residents' petition puts the brakes on Rocky Ridge Road closure at metronews.ca/local
Comment Allan Small's tips on how investors can bide their time while waiting for market recovery at metronews.ca/investing



Blue bins begin a new era

JENNIFER HILLIKER
for Metro Calgary



Although Gail Biers wasn't dancing around with her new blue bin like the happy Calgarians in the city's commercial, she was very excited to be the first recipient of the recycling receptacle.

The delivery of the blue recycling cart to her southwest home in Evergreen yesterday morning, along with the new commercial marked the launch of the city's blue cart program.

"This will make it a lot easier for me to recycle," said Biers, who has two children under the age of three. "Especially since you don't have to sort it. With our milk cartons with the kids, diapers, and boxes, we have a lot of stuff."

Paper, newspaper, magazines, glass, food cans and milk containers will all be accepted in the same bin. Community recycling depots will change to accept



Matthew Volkaert delivers a city blue bin to Gail Biers and daughter Brienne, 3, as the city kicked off its new recycling program by delivering the bins to single-family homes in the southwest.

plastics and require no more sorting.

"Today is a major milestone," said blue cart recycling program leader Paula Magdich. "We'll be delivering about 20,000 carts per week for the next 15 weeks. It's quite a big job getting these carts out to the residents so they can

have curbside recycling. Each cart must be assembled, loaded, transported and recorded."

About 300,000 single-family homes will receive their blue carts at the front of their homes two to six weeks before their first recycling pickup. Approximate delivery dates for

Pickup start dates

- Southwest: April 21-24
- Southeast: May 12-15
- Northwest: June 9-12
- Northeast: June 30-July 3

each community are posted online at calgary.ca/bluecart.

Man accused of bombing Strathmore home after fight

CHARGES The last time Melinda Van Oostwaard spoke to her son Jeremy was three weeks ago.

She found out yesterday that he was arrested in connection with the fire bombing of a Strathmore home Saturday night.

"Nothing like this has ever happened before," Van Oostwaard said, in shock about the incident.

Jeremy's Facebook profile picture shows the 32-year-old smiling and affectionately holding his baby boy, Axel.

But RCMP said witnesses saw the accused get into an argument with the residents of a home on Maplewood Drive in Strathmore. Witnesses told

pro-RCMP



Van Oostwaard

that Jeremy vowed he would be back and kept his promise, allegedly smashing windows, threatening to kill the occupants and throwing Molotov cocktails at the residence, causing small explosions and a fire.

"It's not like he's a

neighbour or an ex-friend or anything like that," said Strathmore RCMP officer Sgt. Kevin Reilly. "The residents met him on that day — we don't know what they were fighting about."

Reilly said all fires were put out by the weather before fire crews arrived, and damage to the home is minimal.

JENNIFER HILLIKER/
FOR METRO CALGARY

Accused in crash drove erratically earlier: Witness

TRIAL A courtroom heard yesterday the Calgary man facing manslaughter charges for killing five people in a car collision was allegedly driving erratically minutes before the crash.

Martin Malaska testified he was already calling Daniel Tschetter's employer to report his erratic driving before he slammed into a car at a red light, killing two adults and three children.

Earlier the courtroom was told there would be evidence presented that Tschetter threw a half-empty bottle of vodka into the back of his truck after the collision. **METRO CALGARY**

Skiers killed in avalanche ID'd

DEATHS Two Calgary men who died in a weekend avalanche were identified yesterday as Hima Maher and Sheilesh Davé.

They were skiing with two others when they ventured into a closed-off area of the Kicking Horse Mountain Resort. RCMP said their friends decided not to go down the hill, but Maher and Davé took the risk. They triggered the avalanche and were carried down the slope, buried in the snow for a half-hour, police said.

Maher owned an automotive shop and Davé was a well-respected periodontist. **METRO CALGARY**

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THE BAY



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Tuesday, March 10, 2009

6

Researchers discredit anti-malaria drug

The anti-malaria drug quinacrine does not appear to extend the lives of people with the human form of mad cow disease, British researchers said. **REUTERS**

World

Stem cell limits lifted

Obama repeals restrictions set by Bush administration

U.S. President Barack Obama lifted restrictions on federal funding of human embryonic stem cell research yesterday, angering abortion opponents, but cheering those who believe the study could produce treatments for many diseases.

"We will lift the ban on federal funding for promising embryonic stem cell research," Obama said to vigorous applause at a

White House gathering.

"We will also vigorously support scientists who pursue this research. And we will aim for America to lead the world in the discoveries it one day may yield."

Shares of companies specializing in stem cell research burst upward on the news, with Geron Corp. up by as much as 35 per cent and StemCells Inc up 73 per

cent at one point. Other related company shares rose as well following the announcement.

The decision was a clear repudiation of the approach taken by Obama's predecessor, George W. Bush. U.S. law limits the use of federal money to make human stem cells, but Bush tightened the restrictions even further to include work using such cells. **REUTERS**

Gigolo con man jailed

CRIME A former Swiss investment banker was jailed for six years yesterday for trying to blackmail Germany's wealthiest woman, the heiress to the BMW car empire, with secret video of their love-making.

Helg Sgarbi admitted at the start of his trial that he had seduced heiress Susanne Klatten and three other wealthy women, persuading them to pay him almost \$12.64 million US

under various false pretexts.



Sgarbi

"I regret what I did," Sgarbi, 44, said with little emotion. "I apologize to the women involved."

Klatten, a member of the Quandt family — the leading shareholders in carmaker BMW — went public last year with the story of how her lover secretly shot intimate footage and later demanded tens of millions of euros not to reveal it. **REUTERS**

Killings won't derail peace: U.K.

NORTHERN IRELAND The killing of two soldiers by dissident republicans in Northern Ireland and the killing of a police officer will not be allowed to derail the peace process in the British-ruled province, Prime Minister Gordon Brown said yesterday.

British troops would not be put back onto the streets of Northern Ireland, an official said, as leaders tried to ensure that the worst attack in a decade did not reverse progress made since the Good Friday peace deal in 1998. The agreement helped to greatly reduce sectarian violence. **REUTERS**

News in brief

CHINA Anti-riot forces are ready to extinguish any unrest in Tibet, a Chinese senior official said yesterday, while an overseas group critical of Beijing said 1,200 Tibetans remain missing after a security crackdown 12 months ago.

MILITARY Sri Lankan soldiers killed at least 180 elite Tamil Tiger fighters carrying out waves of counterattacks, and the pace of refugees fleeing the tiny war zone picked up speed, the military said yesterday.

MIDDLE EAST Hamas' popularity among Palestinians has risen sharply since a three-week Israeli war in January devastated the Islamist-ruled Gaza Strip, an opinion poll released yesterday showed.

The face-to-face poll of 1,270 people by the Palestinian Center for Policy and Survey Research was conducted on March 5-7 in the West Bank and Gaza Strip, as the factions tried to reach agreement on a unity government with Egyptian mediation. **REUTERS**

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Comment & Views

Newt's economic crystal ball predictions

InBusiness

Charles
Davies



When even Newt Gingrich has an opinion about the duration of the recession, you know economic forecasting is now officially as out of control as, say, U.S. mortgage lending was a

year and a half ago. Reasonable people think we'll hit bottom anywhere from a few months to a few years out. Gingrich, a former House of Representatives Speaker and all-around gloomy anti-bailout Republican, thinks the U.S. won't be in good shape for three to five years.

But really, though, how long is it going to take before job losses, bailouts, falling share prices and slumping GDP numbers yield to good news? If history is any guide, Canada's economy should look a lot better by late 2010.

How do I know this? Well, the National Bureau of Economic Research in the U.S. records 32 economic cycles since 1854 — a cycle being the period from one peak of economic activity to another. On average, recessions last 17 months while periods of expansion are more than twice as long, typically 38 months. In the period from 1945 to 2001, during which the U.S. experienced 10 economic cycles, the numbers

are more congenial. Post-war recessions average 10 months with growth periods running 57 months, perhaps a tribute to the economic management tools developed in the wake of the Great Depression.

But let's be cautious. Using the broader, 155-year averages, and accepting the consensus that the U.S. economy peaked in December 2007, Americans should hit bottom roughly in May. Thereafter, we could see a gradual return to growth that tops out in about July 2012.

Canada, however, didn't peak until the third quarter of 2008, roughly nine months after the U.S., which suggests we may not even hit bottom until February 2010. Then, things could improve briskly, paced by a U.S. economy that's already in second gear.

Averages are just averages, of course. And other factors — our national economic dependence on commodities like oil and gas, for example — can make economic forecasting a mug's game.

As a fall back position, consider a doomsday sce-

nario. With the sole exception of the Panic of 1873, when the collapse of the Northern Pacific Railroad triggered a 65-month slide in the U.S., the 43-month Great Depression is the worst North America has endured. Using that standard, the U.S. won't bottom until July 2011 and won't really be humming until late 2012. Which, come to think of it, is pretty much what Newt thinks will happen.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.

Views

Should faces be covered in court?



Alia
Hogben

metronews.ca

This seemingly simple issue raises major issues about religious rights.

In a recent sexual assault case, the judge ruled that a woman complainant must show her face, even though she argued it was her religious right to wear the full face covering (the niqab).

The judge's decision was based on the fact she showed her face for her driver's licence, so her face can be seen by anyone who needs proof of her identity. The judge also said showing her face is necessary so the accused and their lawyers can assess her demeanour, with all the cues provided by facial and verbal expres-

sions.

The judge's decision is being appealed to the Ontario Supreme Court. The Ontario Human Rights Commission has asked for intervener status at the court so it can explain religious rights.

This seemingly simple issue raises major issues about religious rights: The right of the accused, diverse interpretation of religious injunctions and religious/cultural accommodation.

Face covering is demanded by some extreme conservative Muslims, and the Toronto woman is choosing

this conservative interpretation for herself, although this is not required in Islam.

The difficulty for someone like me is that I must respect the woman's choice and I cannot tell the woman she must show her face, and for all I know this particular woman is fully integrated into Canadian society.

However, this conundrum goes beyond the courtroom.

There are some Muslims who are increasing the number of identity markers, for example the niqab, to create a distinct identity, which is leading to self-segregation.

Before I am lambasted, I acknowledge that I am generalizing when I say wearing the niqab creates a separation between a woman and all others — and may, in many instances, restrict full

participation in Canadian society.

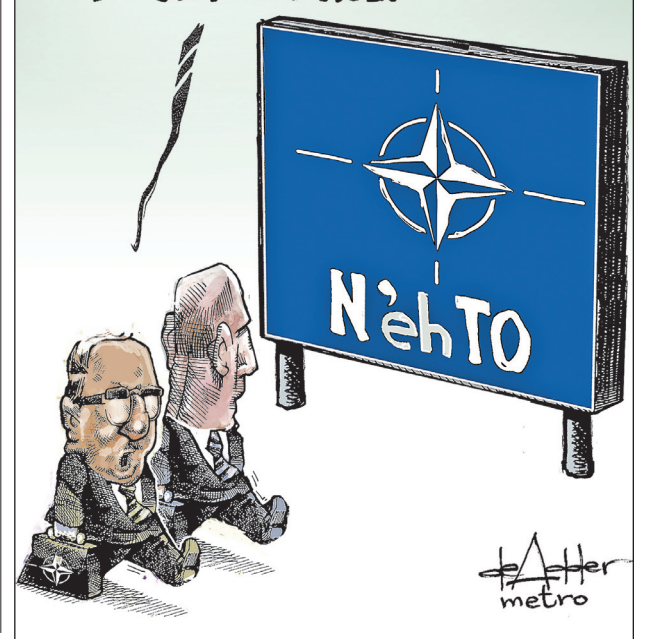
Surely we Muslims should be active participants because we cannot fight racism and discrimination nor demand changes if we are not involved as full citizens.

I don't envy the Ontario Supreme Court judge who has to make this Solomon-like decision regarding the conflict between rights.

I am sure the judge will consider the resolution of such cases may strengthen the more conservative elements within the Muslim communities and set precedents for the legal system.

Alia Hogben is the executive director of the Canadian Council of Muslim Women, an organization of believing women who value equality of all

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The former CEO of the Caisse de dépôt et placement du Québec said yesterday he takes responsibility for some of the fund's \$39.8-billion loss last year. Henri-Paul Rousseau headed the fund from 2002 until he left in May 2008. **CBC NEWS ONLINE**

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

\$50T lost worldwide: Study

MARKETS The global financial crisis slashed the value of financial assets worldwide by \$50 trillion US last year, a study commissioned by the Asian Development Bank (ADB) said yesterday.

Financial asset losses in developing Asia, which suffered more than other emerging markets, totalled \$9.6 trillion, or just over one year's worth of developing Asia's gross domes-

tic product, the study found.

"The previous sense of strength and invulnerability is now gone," said the ADB-sponsored study, noting that "there were concerns about the effect of a shallow recession in the United States, but the general perception was that Asia, the largest regional emerging market group, was doing well."

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Fewer new homes built

Housing starts drop for sixth straight month to 134,600

Canadian housing starts fell by a greater than expected 12.3 per cent in February, marking a sixth consecutive monthly decline and their lowest level since June 2000, as the domestic economy struggles through a major downturn.

Ground-breakings on new homes dropped to a seasonally adjusted annualized rate of 134,600 units last month from 153,500 in January,

with declines seen in the single- and multiple-dwelling sectors, Canada Mortgage and Housing Corp. said yesterday.

The number of starts in February was below analyst forecasts for 145,000 starts.

But there was a silver lining in the weak numbers.

While it suggests builders are responding to weaker demand, which could have a short-term negative effect on economic activity, it also indicates there may not be a severe oversupply of homes.

"As an economist looking at this,

it's good news that the markets are working. They're taking their cues from the price signals and those signals are telling them

not to build right now," said Pascal Gauthier, an economist at TD Bank. Economists continue to describe the Canadian housing downturn as a "correction" that will last the better part of 2009, and many expect the market to make a recovery in 2010.

REUTERS

Numbers

- Construction of urban single-family homes fell 11 per cent to 44,500 units, while multiple dwellings, like condos, dropped 17.5 per cent to 63,300 units.

Business in brief

BUFFETT Billionaire Warren Buffett said yesterday on CNBC television that the U.S. economy had "fallen off a cliff," but would eventually recover, though a rebound could kindle inflation worse than that experienced in the late 1970s.

LAYOFFS U.S. newspaper publisher McClatchy said yesterday

it would cut 1,600 jobs in an attempt to deal with the faltering economy and a decline in advertising revenue.

DRUGS Merck & Co. Inc. said yesterday that it would acquire Schering-Plough Corp. for \$41.1 billion US, uniting the makers of cholesterol drugs Zetia and Vytorin.

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Bringing up baby cheaply

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Sooner or later, most parents will be looking for child care — whether it's daycare, a nanny, or (if you're lucky) grandparents. But which option will best fit into your daily routine and spending plan?

Most parents will agree that it's tough to find quality care and make the most of your dollars.

Now if you can't find a full-time family member, daycare is often one of the most popular options. However, with daycare spaces being limited and waiting times averaging a year or more, it's a good idea to get on a list early.

Daycare is generally a more affordable option if you have one or two children. For kids two years and older (depending on where you're located) it

generally costs between \$700 to \$1,000 a month, for full-time, licensed daycare, five days a week.

The total cost of a live-in nanny is about \$2,000 a month (depending on location). While their salary is usually around \$1,000 a month, you'll also need to pay for their employment benefits and pension. Plus you'll need to have a spare room in your house. The plus side is you can deduct a portion of their room and board from their salary based on government guidelines. And if you hire

through an agency you'll also have to pay the agency a fee, which can vary from a one-time placement fee to a percentage of their salary.

If you have a close friend or neighbour with kids you can nanny share and agree to split the costs of a nanny as some nannies will agree to look after up to four kids in one house. So if you can find a friend with one other child, you would cut the cost of a nanny in half.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.



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On the web

Columnists:

Henry Choo Chong gets into the dirty dealings of fraudsters in his Money Matters column. Visit metronews.ca

Allan Small gives this week's market update, including some ideas for investors looking to regain footing. Visit metronews.ca.

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Taking out a loan for a renovation will improve your monthly cash flow and allow you to complete your project in one phase rather than multiple stages. **NEWS CANADA**

Spring Lending

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

'Do your research'

RAFAEL BRUSILOW
for Metro Canada



If you're a first-time buyer with a steady financial situation, you might be chomping at the bit to

catch a good deal in the current down market — just make sure you crunch the numbers first.

Jim Rawson, a regional manager with Canadian mortgage brokerage firm Invis, says the weak econo-

my has made real estate a buyer's market in most parts of Canada and the spring and summer months could see a wave of buying if bargains continue to make it onto the market.

Yet, the economy hasn't shown major signs of an upswing, so you should be wary of biting off more than you can chew.

Bottom line: Don't rush into anything, because you don't need to — do your research, take your time and shop around.

Rawson says the most important thing to do before setting out to buy a house is to get a pre-approval on your mortgage so you'll know exactly how much home you can afford.

"You don't want to go out looking for that first home without knowing how much you can afford to spend. A lot of home buyers will go out and find their dream home only to realize there's no way they could afford it," Rawson said.

If you need a little extra money for your down payment and you are a first-time buyer, you or your partner can take out up to \$25,000 per person from your RRSP for any reason related to buying a home — including covering closing fees, land transfer taxes or a down payment. You then have 15 years to repay the money back into your RRSP.

Gary Robertson, a financial adviser with Edward Jones, says you do have to be careful if you start dipping too deeply into things like RRSPs or emergency funds to buy your house, however.

"Don't stretch yourself to the limit — leave some wiggle room because you need to afford the expenses that come with owning a home.

"Utilities, property taxes, condo fees — all those things have to be added in and that could make the home not affordable," Robertson said.

Plan for the worst possible scenario and make sure you can adjust accordingly, as current interest rates can seem deceptively low.

"Be pessimistic about the future of interest rates. If you're paying 4 per cent now, you're probably going to be paying 6 to 7 per cent upon renewal of your mortgage," Robertson said.



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JON TATTRIE
for Metro Canada



A tax break introduced in Stephen Harper's 2009 budget is good news for home-owners planning renovations, experts say.

"Anyone who's thinking of doing any kind of home renovation over the next few years should probably try to accelerate that if they can afford to," said Jamie Golombek, managing director of tax and estate planning for CIBC.

The Home Renovation Tax Credit is valid for any home-renovation expenses paid after Jan. 27 and before Feb. 1, 2010. Tax-payers can claim a credit that reduces taxes payable by 15 per cent of expenses over \$1,000 and under \$10,000. A bit of math reveals that gives you a maximum credit of \$1,350.

"They really have to be expenses that are of an 'enduring nature,' something integral to the dwelling. That includes the cost of labour and building materials," Golombek explained.

Renovating your kitchen

"Anyone who's thinking of doing any kind of home renovation over the next few years should probably accelerate that if they can afford to."

Jamie Golombek

or bathroom, or putting in new carpeting, hard-wood floors, a new deck or other extension, furnace, roof, driveway, interior and exterior painting, in-ground swimming pools and landscaping all qualify.

Things like furniture, appliances, carpet cleaning, house cleaning and snow removal don't qualify. Golombek reminds people to save their receipts, and notes that Cra-arc.gc.ca has a list of what qualifies.

The tax break is also good for the owner of vacation property.

When it comes time to do the work, do the math first, says Janice Rice of Canada Mortgage and Housing Corporation. "In this case, the pen is mightier than the hammer."

First, assess what you want to renovate and how much that will cost. Next, explore your financing options. If the cost is low,

credit cards, renovation loans or lines of credit may be the best fit.

"These products are excellent for renovations someone wants to pay off in a short period of time," Rice says. The interest rates are higher, but the loans are more convenient.

If you have major plans, look at spreading the cost over a longer period with a mortgage. That can be a conventional mortgage, which will typically go up to 80 per cent of the property value, or a CMHC-insured mortgage.

"That allows the home owner to get a maximum mortgage amount of 95 per cent," she explains. "It gives them the ability to finance a larger-scale renovation over a longer period of time at very competitive interest rates."

Check out Cmhc-schl.gc.ca for a range of financing options.

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Newly announced tax credits benefit home purchase and renovation.

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Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

International students do double duty

LEYLA EMORY
for Metro Canada



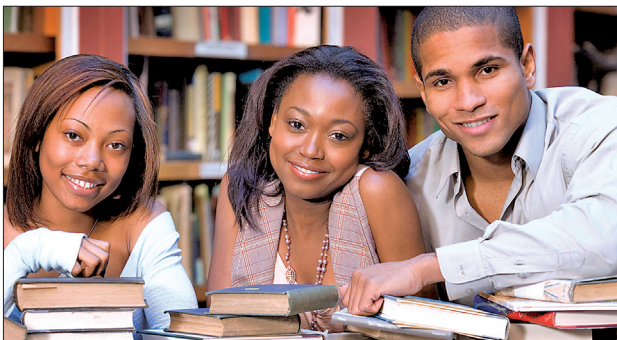
International student Leonie Charlton has twice the work of her peers: The courses she's enrolled in and learning about the city in which they're offered.

"I had never been in winter before I came (to Toronto)," says the Jamaican-born Humber College business student. "So the cold was a shock, but I liked the atmosphere, I liked the society and I liked how it's very accepting."

Charlton feels an interna-

tional education puts her at an advantage. "We're not one of the more developed nations, so in order to get a better grasp of how business operates and get an international scope of what really happens outside of my little area, I wanted to choose a more post-industrial nation that is multicultural and accepting. Where you can grow in its society."

In turn, international students contribute to the growth of society, according to Michelle Suderman, associate director of international student development at the University of British



International students have to adapt to the culture shock of living in a new country on top of taking on a full course load.

Columbia.

"Students tell us they come away with a much better understanding of the

way people in other parts of the world see an issue," Suderman says. "If they're in a class with Canadians and

other international students, they're amazed at how many different ways there are at looking at the same problem."

For Christine Boake, a graduate of Parsons the New School for Design, studying in New York was less of a culture shock but equally rewarding. "You get to experience a different culture and learn to adapt to all its nuances," she says, "but you also represent your own country. I was always very proud that I was Canadian."

Both Boake and Charlton feel that completing a de-

gree abroad puts them at an advantage in the job market. But learning away from home can be difficult.

For Boake it was the constant upkeep of documentation to get in and out of the country. Charlton is finding her Caribbean work experience is not transferable to the Canadian job market.

But "feeling like a foreigner is an interesting experience," says Boake.

"Explore, get to know things, ask questions. There's never a silly question. If someone's laughing at you, fine. You learn from it," says Charlton.

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Check out My PHAT Wallet

JENNIFER HILLIKER
for Metro Calgary



Casey Phibbs has helped 69 people save about \$22,000. And he has yet to graduate from college.

Along with a team of Mount Royal College students, Phibbs started a project called My PHAT (Personal Hope and Triumph) Wallet, an online budgeting tool that helps users set financial goals and track their spending.

"It started out by us doing presentations to groups and classrooms," Phibbs said. "We realized there's a lot of people spending a lot of money that they don't have. There was a need for a tool like this and we felt like we could make a difference."

The business student and his peers don't make a profit off the site, as there is no fee for usage.

"People don't realize that

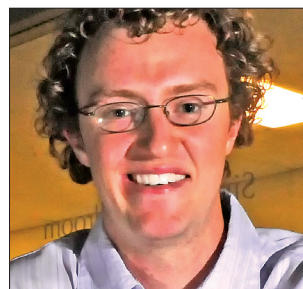
they are spending \$100 a month on coffee," Phibbs said. "The online tool helps people realize what they're spending on different items. As students, there are members of our group that have major debt issues and they use the program to get out of debt."

Phibbs said what sets his program apart is that it focuses on a financial goal.

"There are no other programs that use a goal to help people reach their destination," he said.

"The other ones just say how much money they are saving and how much money they are spending. We really like to focus on making people have a goal and making sure they look at that every time they open their screen. Having them see that really makes a big difference."

Jeff Giroux, an applied justice studies student at Mount Royal, says budgeting is difficult and he can



Casey Phibbs

see the value in My PHAT Wallet.

"Considering we have limited time to work, and a limited kind of work that we can do, combined with rent, insurance, gas, food and more, it can get quite hard to get through," he said.

"Most people, not even just students, don't possess the skills required for a successful plan for saving money."

The PHAT wallet group received a \$500 HSBC financial literacy grant for their work in January.

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learning curve **13**

Being employed by the best

JENNIFER HILLIKER
for Metro Calgary

Anyone can say they work for one of the best companies out there, but it's not often they're proven right.

Andrew Forin's employer, interactive marketing firm Rare Method, has for the past two years made it onto a list of Canada's top 50 small and medium employers as determined by the Queen's Centre for Business Venturing.

Forin works as an online media planner. "It's not a cookie-cutter job," Forin said. "Our CEO likes to call it the Rare Method University and it's so true. I feel that I've gained such an enormous amount of education here. It's put me on a high level of understanding of what actually happens — people really envy a job like this. It feels nice to be on the envied side of the fence."

Rare Method was founded in 1991, and in 2001 merged more than a dozen companies together. In terms of hiring, they focus on finding the best people they possibly can. Forin was found over a year ago and brought to Calgary from Vancouver Island.

"This is our second con-



Andrew Forin is an online media planner with Rare Method.

secutive appearance on the list and confirms we are doing things right," said Tom Short, president of Rare Method.

"Last year it was a tight market for talent, and having industry-leading employment practices helped us attract and retain top talent. This year it is a different story with the economy, but having a motivated and talented team can further set us apart in tough times."

Forin credits much of the company's success to teamwork skills. "They are such a good employer because

our executives are on the same page with the employees. It's more of a family than it is an office, with a group of employees who all work together towards one purpose," he said.

Forin has worked with about 30 to 40 clients since he started with Rare Method. One of his most important clients at the moment is Travel Alberta.

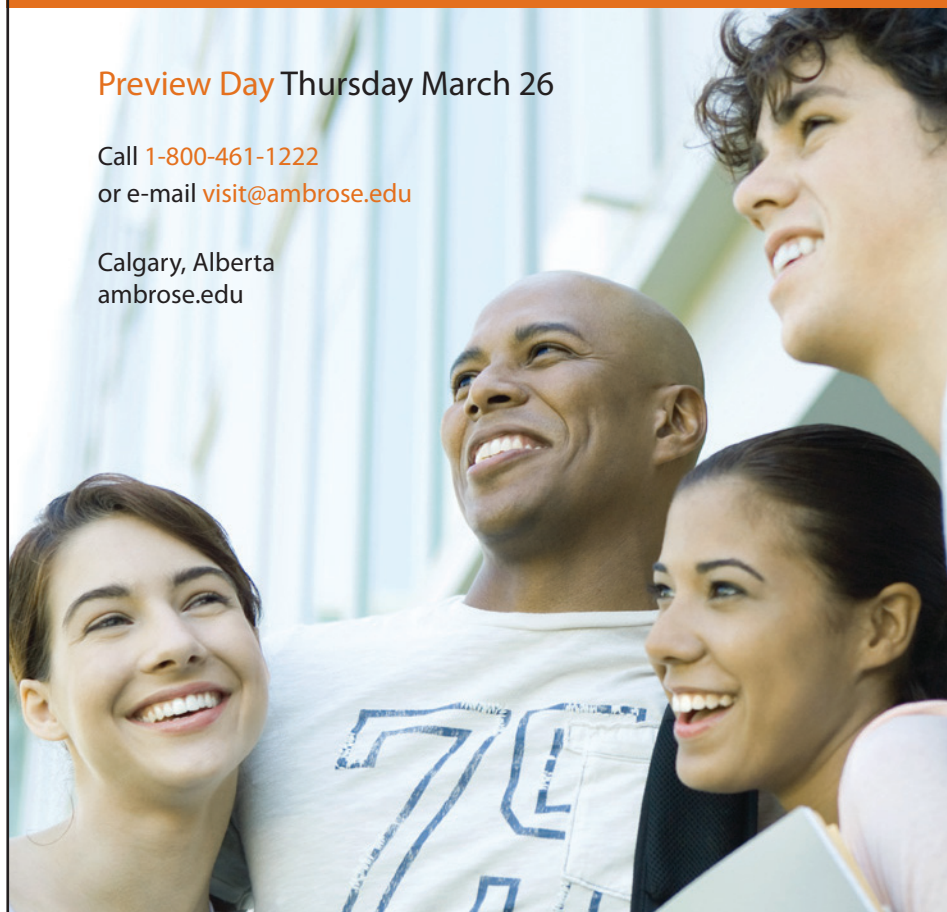
"The whole tourism industry is down with the economy," he said. "So we really need to show Travel Alberta that we can be innovative with their budget."

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Got what it takes to be a cop? Calgary Police Service has launched a campaign to hire nearly 200 recruits this year.

City police come calling

JENNIFER HILLIKER
for Metro Calgary

While most Calgarians are worried about losing their jobs, the Calgary Police Service is hiring.

They are putting forth a large-scale recruitment campaign in the hopes of hiring close to 200 recruits this year. Last year they received funding for 300 new positions over the next three years.

"There are increasing demands in Calgary and across the province to hire new police officers," said Staff Sgt. Craig Skelton, head of the CPS Recruiting Unit.

"The Calgary Police Service has lots to offer successful applicants and we believe there are hundreds of people across Western Canada that already have what it takes. Policing is a secure and reliable profession that offers a great deal of variety and opportunity."

Skelton quoted the campaign slogan, "you already have what it takes."

He said many people can take what they have already learned either in school or in another occupation, and apply it to policing.

Const. Rebecca Fahey won gold playing for the

Canadian women's world hockey team. She joined the Calgary Police Service in January 2007. She said the perseverance, time management and teamwork proficiency she gained playing hockey carry over to policing.

"I think a lot of the skills I developed playing on a team transfer over to this job," Fahey said.

"Things like communication and conflict resolution. Learning to deal with some of the pressures and stresses of playing hockey at that level certainly help with this job. Things like the work ethic you learn is an asset; you've already

got that drive."

Ben Bultsma has been a constable for about three years after working on the oil patch.

"Working under pressure like at the oil patch transfers over to this job," Bultsma said.

"I chose Calgary Police Service for a lot of reasons. The opportunities they provided within their service — there's over 100 different specialty units. For me, the variety is huge, and to experience some of those would be a great asset to my life."

Calgary EMS and firefighters are also looking for new workers.

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Eric Bazin

Eric Bazin
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Albertan water skier wins big Down Under

Jaret Llewellyn of Innisfail, Alta., won two gold medals yesterday on the final day of the Moomba Masters water skiing competition in Australia. **METRO NEWS SERVICES**

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Sports



Sharapova back for doubles

Three-time major champion Maria Sharapova will return to the WTA tour this week after missing more than seven months to play doubles at an event in Indian Wells, Calif. Sharapova, who has not played since pulling out of a tournament in Montreal last July with a right shoulder injury, will compete in doubles for the first time in nearly four years, teaming with Elena Vesnina.

METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Martin, Howard hard to beat

CURLING Kevin Martin and Glen Howard continue to steamroll the field at the Tim Hortons Brier. Martin, the reigning national and world champion, and Howard, who won the same crowns in 2007, are tied atop the leader board after three days of action with 5-0 records. Both posted wins in nail-biters last night to maintain perfection. Martin's Edmonton rink put two on the board in the 10th end to defeat 2006 Olympic gold-medallist Brad Gushue of Newfoundland and Labrador 5-4. Dating back to last year's Brier, Martin has won 18 straight. Howard lifted his Ontario rink to a 7-6 come-from-behind victory over Saskatchewan's Joel Jordison by scoring three in the 10th end on a highlight-reel shot. **METRO NEWS SERVICES**

Canada bounced by Italy

Baseball team out of WBC after stunning home-turf loss

WORLD BASEBALL CLASSIC

Italy 6 Canada 2

It's over. Team Canada, which captured the collective imagination of Canadian baseball fans with a great performance against the U.S. Saturday, bowed out of the World Baseball Classic last night with what was undeniably an embarrassing effort against Italy at the Rogers Centre.

Canada, let down by its pitching, was never in it against the underdog Italians, who scored four runs in the first four innings en

route to a 6-2 win that eliminated Canada from the double-knockout global tournament. This was undeniably a bitter pill to swallow for the Canadians. They were playing with a great lineup in their home country. After losing 6-5 to the U.S. in a stirring game before 42,000-plus fans, the Canadians were expected to handle the Italians and advance to a do-or-die

Justin Morneau shows his frustration.



game tonight against Venezuela. Was Canada looking past the Italians, a squad that manager Marco Mazzieri said was based mostly on "guys who play (in Europe) and have day jobs"?

Canadian manager Ernie Whitt insisted that was not the case. But Whitt left himself open for second guesses by

11 Canadian runners left on base against Italy.

starting veteran minor leaguer Vince Perkins and saving Blue Jays starter Scott Richmond — considered Canada's ace — for a potential game against Venezuela.

"If we don't make it to (the Venezuela game), you can write, 'I'm a bonehead for not starting Richmond,'" Whitt said before the game. "Hopefully we'll be in a position where I won't look like a bonehead." Perkins led an onslaught of ineffective pitching, which saw six Canadian hurlers surrender seven walks and nine hits.

TORSTAR NEWS SERVICE

Sports in brief

NHL The Montreal Canadiens fired head coach Guy Carbonneau yesterday, and general manager Bob Gainey will take over behind the bench. Carbonneau was in his third season as head coach of the Habs. Viewed by many a preseason favourite to win the Stanley Cup, the Canadiens currently sit in the fifth position in the Eastern Conference with 77 points, only two points ahead of ninth-place Carolina. Carbonneau led Montreal to a first-place finish in the conference last season before a disappointing loss to Philadelphia in the second round. **METRO NEWS SERVICES**

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Do you stay or do you go?

The J Spot

Josey Vogels

metronews.ca/thejspot

don't understand why everyone got so mad at Jason. Okay, so maybe The Bachelor shouldn't have proposed to Melissa on national television when he was clearly conflicted and had unresolved feelings for Molly.

But give the guy a break. He got caught up in the moment and convinced himself that a lifetime with Melissa was the way to go.

And it's not like he turned around the next day and ditched her. It was six

months later. A lot can happen in six months. Would you rather he stay in the relationship, even marry Melissa, simply because he said he would on national TV?

Because, goodness knows, far too many of us stay in relationships way beyond their due date.

Relationship coach Susie Collins runs several relationship advice websites with her husband Otto, among them stayorgo.com. She says Jason did the right thing by listening to his heart and not trying to make a relation-

ship work that was doomed to fail — especially when his heart was saying, "Be with Molly."

Jason said there were warning signs telling him Melissa had similar characteristics to women he'd been with before — and those relationships hadn't worked out.

These are good signs to heed, says Collins. If you can't decide whether or not it's worth sticking it out with someone when you're having doubts, ask yourself if your part-

ner is similar to those in past relationships that haven't worked out. In other words, are you making the same mistakes over and over again — only with different people?

And because there is some truth to that old adage: It's not you, it's me, Collins suggests you ask yourself some tough personal questions before dragging someone else along for a ride to nowhere, such as: Why are you in the relationship at all? What are you afraid of if you stay? If you go?

"It's amazing how many of us are content to stay stuck in limbo about their relationship," said Collins.

Bachelor star Jason Mesnick.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Recession stress

DENISE SURETTE
for Metro Canada



Riding the Recession

Recession stress is affecting everybody. Whether you're a business owner, a student with a part-time job or unemployed — money is on everyone's mind.

"During recessions, people recognize they're having difficulty with sleep and appetite," says Dr. Eilenna Denisoff, team leader for the work stress and health program for the Centre of Addictions and Mental Health in Toronto, Ont.

So how do you deal with recession stress?

"Seek out social support, connect with friends, talk with friends and family that make you feel better, not worse," says Denisoff.

Exercise is also great de-

stressor, says Denisoff. Besides the mood-elevating endorphins, exercise can be a great way to take your mind off your worries and improve your health and self-esteem.

If you or your partner are feeling the effects of work stress, support each other with small acts of kindness.

"Acknowledge it's a stressful time in a gentle way," says Denisoff. "Offer to help prepare a meal or suggest a walk together, rent a funny movie or go out with friends."

Other ways to de-stress include: going for a brisk walk, starting a journal or playing with your pet.



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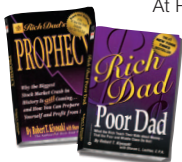
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Robert Kiyosaki will not attend this workshop.

Anderson has runway malfunction

Pamela Anderson accidentally flashed her breasts while walking for Vivienne Westwood in Paris. The actress and model suffered a wardrobe malfunction on the runway, as her black dress slipped down to reveal her nipple to a shocked audience, reports the Daily Mail. [FEMALEFIRST.CO.UK](#)

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA



New neighbour

The CW has reportedly signed a deal for Ashlee Simpson-Wentz to move into Melrose Place. She plans to return to TV as a small-town girl who arrives in Los Angeles with a big secret. [PEOPLE.COM](#)

The business of new music

IAN NATHANSON
for Metro Canada

Among the hundreds of bands, solo artists and such who congregate at Canadian Music Week festivities each year, all share one common premise: Getting noticed — by the right people, in the right place, at the right opportune moment.

And if attempts to stand out in a crowd of some 500 Canadian, U.S. and international artists sound too daunting a task, CBC Radio 3 personality Grant Lawrence suggests a much simpler approach to the four-day music festival, which runs tomorrow through to Saturday: The networking opportunities are just too good to pass up. “Instead of just having



Calgary's Chad VanGaalén is one of more than 500 artists scheduled to perform at Canadian Music Week in Toronto this week.

artists constantly touring, which can get to be very expensive, CMW brings the industry all together in one city as a one-stop shop of panel discussions, live showcases and meetings with the music industry folk,” says the Vancouver-

based Lawrence. You could be any one of West Coasters Vancougar, East Coasters Hey Rosetta! or already famous names — Sloan, Burton Cummings or Anvil — showcasing, curiously witnessing unfamiliar acts, schmoozing with

Canadian Music Week

record label execs or taking part in panel discussions with radio industry folk.

From the perspective of performers, fresh-faced talent should make the most of the networking aspects CMW offers, according to former Canadian bureau chief of Billboard magazine Larry LeBlanc.

“You need to target a booking agent and a manager with two or three artists ... and try to find acts that stylistically complement with what you do,” LeBlanc says.

The plethora of talent at CMW would go against the grain of reported suggestions that the music industry is on its death knell. “A

Alberta at CMW

- Chad VanGaalén (Calgary)
- Hot Panda (Edmonton)
- Women (Calgary)

lot of people out there would be quick to say that the music today is worse now than it was years ago,” LeBlanc says. “If you look hard enough, there’s a ton of great music being made.”

Dragon’s Den holds auditions

TV Dragon’s Den is holding auditions for its fourth season.

The series offers Canadian entrepreneurs the chance to turn their inventions and schemes into real-life, moneymaking businesses. Auditions will take place in Edmonton on March 25 and Calgary on March 27 and 28. Visit [cbc.ca/dragonsden](#) for audition information and locations. **METRO NEWS SERVICES**

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U2 top U.K. album chart for 10th time

MUSIC Irish band U2 leapt straight to the top of the British album chart with No Line on The Horizon, the fastest selling album of the year so far.

The band’s album, expected to be one of the pop world’s biggest in 2009, was their 10th to top the British chart.

Only the Beatles and Elvis Presley have had more number one albums in Britain. The Beatles’ tally stands at 15 and Presley’s at 11.

Besides U2, only the Rolling Stones and Madonna have had 10 number one albums.

No Line on the Horizon is U2’s first album in more than four years. **REUTERS**

GlobalStyle



Kenya Hunt

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CA	Vu SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	
3/10/09	267	351	-	ACCESS	Alberta Primetime (Live)		Without a Trace (HDTV)		Reaper (HDTV) (N)		Smallville	Primetime
	243	317	3	CFCN	etalk	Hollywood	Law & Order: SVU		American Idol (HDTV) Top 12 finalists perform.			News (N)
	-	-	4	OMNI	Two/Half Men	The Simpsons	News		The Simpsons		King	Metropia
	-	371	5	KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Homeland Security USA		Scrubs	Scrubs
	245	306	6	CBRT	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N) (DVS)		CBC News: The National	
	244	338	7	CICT	ET Canada	Entertainment	90210 "By Accident"		NCIS "Heartland" (HDTV)		Project Runway Canada	
	246	-	8	CKAL	Law & Order: SVU		Primetime: What Would		Privileged		Scrubs	Scrubs
	119	705	9	CBXFT	Virginie (SC)	La Factice	Providence (HDTV) (SC)		Roxy (SC)	Roxy (SC)	Le Téléjournal et Les Nou	
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prime	-	374	14	KSPS	NewsHour With Jim Lehrer		Magnificent Mind at Any Age With		Dr. Daniel Amen		Roy Orbison & Friends: Black & White Night	
	502	390	15	CBC	CBC News: The National		Twelve (N)		CBC News: The National		CBC News: The National	
	-	370	16	KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	The Biggest Loser (N)		Law/Ord SVU	
	-	373	22	KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV) Top 12 finalists perform.		News (N)	
	297	652	37	WPIX	90210 "By Accident"		PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim
	500	500	29	CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live	
	508	502	31	CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight	
	400	400	21	TSN	(6) Curling Tim Hortons Brier -- Draw 11.				SportsCentre		UEFA Champions League Soccer	
	408	418	27	net	NHL Hockey		Baseball World Classic -- Teams TBA.		(HDTV) From Rogers Centre in Toronto. (Live)		Sportsnet Con.	
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	552	543	20	YTV	Drake & Josh	iCarly	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol
	557	541	39	FAM	Zoe 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek
	555	545	67	TOON	Ben 10: Alien	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad
	575	583	11	CMT	Reba	Reba	Hope & Faith	Hope & Faith	CMT's Top 20 Tearjerkers		Home Improve.	Home Improve.
	553	546	17	TREE	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Dora-Explorer
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sports	521	560	24	TLC	17 Kids and Counting		Toddlers & Tiaras		17 Kids-Count	17 Kids-Count	17 Kids and Counting	
	603	561	25	FOOD	The F Word		Good Eats	Good Eats	Iron Chef America		Challenge	
	615	520	26	A&E	The First 48 (HDTV)		Manhunters	Manhunters	Manhunters	Manhunters	The First 48 (HDTV)	
	617	522	32	SHOW	Wife Swap		The Outer Limits		Mutant X		Testees	Trailer Park
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	620	523	36	BRAVO	Johnny Cash Live at Montreux 1994		Glee Club		Law & Order		Without a Trace "Stolen"	
	294	650	40	WPCH	(6) Lethal Weapon 4 (1998, Action)		Seinfeld		Family Guy	Family Guy	200 Cigarettes (1999, Romance-Comedy)	
	626	547	41	COM	Laughs	Comedy Now	Air Farce	Just for Laughs	Corner Gas		The Simpsons	South Park
family	-	539	42	TCM	(6) The Bridge at Remagen		A Bridge Too Far *** (1977, War)		Dirk Bogarde, James Caan, Michael Caine.		Bridge on Kwai	
	628	584	43	SPIKE	Ultimate Knockouts 3		DEA "Flip The Stripper" (N)		Real Vice	Real Vice	CSI: NY "Boo" (HDTV)	
	522	516	45	HIST	Crime Stories		NCIS		Ultimate Engineering		Crime Stories	
	627	528	46	SPACE	Torchwood		(8:05) Destination Truth (N)		Stargate SG-1		Star Trek: Next Gener.	
	-	-	47	AMC	(6) Pale Rider *** (1985, Western)		Joe Kidd *** (1972, Western)		Clint Eastwood.		A Fistful of Dollars (1964)	
	619	525	49	TROP	What Happen?	What Happen?	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond
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	526	507	92	VIVA	Missing		Encounters	In Dreams	Psychic Inv.	Encounters	Judging Amy	
cable variety	269	350	93	APTN	Wings-Canada	Storytellers	Wapos Bay	Cashing In	Fish Out	Mixed Blessing	Caution: Nuts	Rabbit Fall
	-	-	94	MCP	(6:30) News	News	Eight Heroes	Mom's-Upset	Il Caffe		In Germany	Euromaxx
	571	581	100	MMM	Gene Simmons	Gene Simmons	Gene Simmons	Gene Simmons	Listed		Party of Five	Gene Simmons
	570	580	101	MM	Paris Hilton's British Friend		Degrassi: TNG		The Shift		Redemption	Redemption
	581	566	102	MTV	From G's to Gents		From G's to Gents		MTV Live	After	The Girls of Hedsor Hall	

critics' corner

Wild Roses
And up from the ground come a-bubblin' crude. Oil, that is. Black gold. Texas tea. OK, Alberta tea, in this case. Will drops a bombshell on the Hennys: Yes, there is oil under Rivercross. Now the question becomes, how should they get it out? Gary Hudson and Adam MacDonald also star in the new episode "Boom and Bust." 9 PM on CBRT



Without a Trace
When a federal agent's teenage son disappears, the Missing Persons Squad and new boss Clark Medina are on the case and uncover a long-held family secret with potentially deadly ramifications. Anthony LaPaglia, Poppy Montgomery and Marianne Jean-Baptiste also star in "True/False." 8 PM on ACCESS; 11:01 PM on KREM

The Biggest Loser
After a pop challenge that adds an interesting twist to the weigh-in, the contestants compete in a relay race, with the winning team getting 24 hours of luxury. Some contestants are unable to resist temptation during the getaway, however. One contestant has it out with the trainer. Alison Sweeney is host. 9 PM on CHTV KHQ



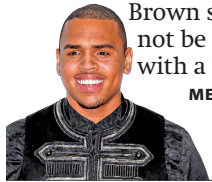
Kylie Minogue, who is currently filming a Bollywood movie in Mumbai, is hotly tipped to headline the Sound Relief benefit shows in Sydney and Melbourne for the victims of bushfires and floods in her native Australia this weekend. **FEMALEFIRST.CO.UK**

Celebrity Buzz

Chris Brown to cut a plea deal?

LEGAL Chris Brown reportedly wants to cut a deal with prosecutors in the case over his alleged assault of Rihanna.

Sources tell TMZ Brown would plea only to a misdemeanor and with no jail time. The sources say legal consultants have suggested that Rihanna's own aggression during the February incident mean that Brown should not be charged with a felony.



METRO NEWS SERVICES

'He will hit you again,' Oprah warns Rihanna

SCANDAL Oprah Winfrey gave a stern warning to Rihanna, who has taken back Chris Brown (who has been charged with two felonies for assaulting her last month), us-magazine.com reports.

"Both Chris Brown and Rihanna, if I were your friend, I'd



call you up and say, 'Give it some time. Get yourself some counseling. Take care of yourself. Heal yourself first,'" said Winfrey, who will dedicate a program this week to discussing domestic violence for "all the Rihannas of the world." Looking

directly into the camera, Winfrey added during Friday's episode of her talk show, "If a man hits you once, he will hit you again. He will hit you again."

Echoed Gayle King, "If you guys want to get back together, I'm OK with that. But at least take some time. I am so worried she is sending the wrong message to the young fans. And him, too!"

METRO NEWS SERVICES

Jessica 'dukes' it out

PEOPLE Remember all that weight gain hoopla surrounding Jessica Simpson a month or so ago? The singer seems to have wiped them out in the single donning of a pair of short-shorts, a la her Daisy Dukes character from The Dukes of Hazzard movie, popeater.com reports.

At her Florida show on Sunday night, Simpson strutted the

stage in her short-shorts. In January, Simpson's high-waisted jeans and apparent weight gain made headlines across the country.

Simpson spoke out against the criticism at a concert shortly after the weight stories began, saying: "I feel like in our world today we focus on so many things that are completely pointless."



METRO NEWS SERVICES

Amy's comeback derailed

CAREER Amy Winehouse has hit a hurdle in her hopes for a musical comeback, people.com reports.

The troubled singer has been forced to cancel her appearance next month at California's Coachella Music Festival because of the charges she faces in Lon-



METRO NEWS SERVICES

don over an alleged assault last September.

When she answered police bail last week and was formally charged, her management assumed that her legal case would not "be sorted out in time" for her to make the music fest.

Paris pulls a Vanilli?

PEOPLE Paris Hilton was left humiliated at her birthday party in Las Vegas after her new lover Dough Reinhardt exposed her lip-synching, female-first.co.uk reports.

A source said of her performance of her song Stars Are



METRO NEWS SERVICES

Blind: "Paris was really going all out to impress Doug until he took the mike off her and the singing just carried on. Everyone in the club thought it was hilarious."

Twins have blonde moment

PEOPLE Hugh Hefner's latest girlfriends, twins Karissa and Kristina Shannon, offered to help out with 2008 Playmate of the Year Jayde Nicole's charity, Lengths of Love, by donating some of their hair to

make wigs and help raise cancer awareness.

Only one problem: The twins' bleach-blonde hair is apparently no good. "The hair used has to be healthy enough to be retreated and not too over-processed," Nicole tells Fox News.



METRO NEWS SERVICES



Tonight, The Interview:

Paul Rudd and Jason Segel.





cbc.ca/thehour

Tonight at 11



CBC

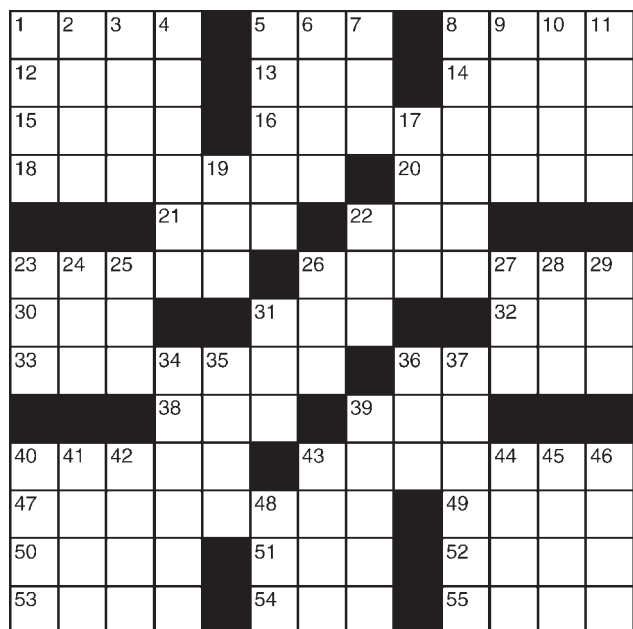


Andrew Schultz, Weather Specialist – Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.

Take Five



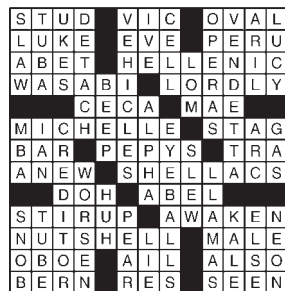
Crossword across

- | | |
|---------------------------|----------------------------|
| 1 Coffin stand | 32 Blond shade |
| 5 Mayberry mail abbr. | 33 Excavating machine |
| 8 Rams fans? | 36 Abdomen |
| 12 Run easily | 38 Dinner for Dobbin |
| 13 Barcelona bravo | 39 Sass |
| 14 Speck | 40 As cross as — |
| 15 Ear-related | 43 Illuminated from behind |
| 16 Resoluteness | 47 Setting |
| 18 Tasks as yet undone | 49 Franc replacement |
| 20 Fuzzbuster's find | 50 Grades K through 12 |
| 21 So five minutes ago | 51 Historic time |
| 22 Supporting | 52 Oklahoma city |
| 23 Word on the street? | 53 "Vaya con —" |
| 26 Spoke spitefully about | 54 Shriner's hat |
| 30 "— the ramparts ..." | 55 Mexican money |
| 31 Cowboy nickname | |

Crossword down

- | | | |
|-----------------|------------------|------------------|
| 1 Amorphous | 19 Drag wearily | 36 Spasm |
| 2 Tittle | 22 Office | 37 Maintenance |
| 3 Grand story | transmission | 39 Bolivian city |
| 4 Believe | 23 Blubber | 40 Sleeping |
| 5 Automaton | 24 Meadow | 41 Indonesian |
| 6 Banner | 25 Curved line | island |
| 7 Xmas time | 26 Spelling | 42 Reverberate |
| 8 Set off on a | contest | 43 Unwanted |
| journey | 27 Emeril's | guest, maybe |
| 9 Lumber | shout | 44 "Clair de —" |
| 10 Sicilian | 28 Doctrine | 45 Rainbow |
| spouter | 29 Command- | 46 Commotion |
| 11 Palm reader, | ment possessive | 48 Ump |
| e.g. | 31 Plaything | |
| 17 McDonald's | 34 Some military | |
| founder Ray | garb | |
| | 35 Difficult | |

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



2	1	7	6	5	9	4	3	8
8	6	9	3	2	4	1	5	7
5	4	3	7	8	1	9	2	6
4	2	8	9	1	3	7	6	5
1	3	5	8	7	6	2	4	9
7	9	6	5	4	2	8	1	3
3	7	2	1	6	8	5	9	4
9	8	1	4	3	5	6	7	2
6	5	4	2	9	7	3	8	1

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 min	Smart	
Under 13 min	Genius	21-25 min	Not bad
13-17 min	Scholar	25+ min	Keep practising

Metro Recipe of the Day



Goulash in a Hurry

INGREDIENTS:

- 2 tbsp (25 ml) extra-virgin olive oil
- 1 large onion, minced
- 2 garlic cloves, crushed
- 3 thick lean, boneless pork loin chops, cut into thin strips
- 1 tbsp (15 ml) all-purpose flour
- 2 x 14-oz (398-ml) cans crushed tomatoes
- 1/2 cup (125 ml) extra-dry vermouth
- 2 tbsp (25 ml) paprika
- 1 tsp (5 ml) caraway seeds
- 1 tsp (5 ml) sugar
- 2 chicken bouillon cubes, crumbled
- 1 large green pepper, seed- and chopped
- 3 cups (750 ml) finely shredded red cabbage
- Salt and fresh-ground black pepper

TO SERVE:

- 4 tbsp (60 ml) sour cream
- Paprika
- Fresh chives

METHOD:

- Heat oil in large frying pan or pot over high heat. Add onion, garlic and pork, and sauté 3 minutes or until meat changes colour and becomes firm,

and onion is slightly soft. Meanwhile, blend flour with 4 tbsp (60 ml) juice from canned tomatoes for a smooth paste; set aside. 2. Stir vermouth, paprika, caraway seeds and sugar into the frying pan. Add tomatoes, breaking them up as you mix. Stir in bouillon cubes and flour-and-tomato-juice mixture. Bring to boil, stirring, and boil until juices thicken. 3. Stir in green pepper and red cabbage until both are coated in cooking juices. Reduce heat, cover frying pan, and simmer 15 minutes or until meat is cooked and vegetables are crisp-tender. 4. Taste goulash and season with salt and pepper, if necessary. Ladle goulash into bowls and top each with spoonful of sour cream and a sprinkle of paprika. Garnish with chives and serve. **SERVES 4**

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20



A pest needs a stronger cure. A friend's generosity will please someone. Attend get-togethers to increase your job chances.

TAURUS

APRIL 21-MAY 21



A tall man is overjoyed with a compromise. Friends will pitch in to get something done. No news really is good news.

GEMINI

MAY 22-JUNE 21



A weird mystery is solved by a liar. Try to discourage any rash decisions. You'll attract some compliments.

CANCER

JUNE 22-JULY 22



A zany friend complains of hustle and bustle. Pay attention to what isn't being said. Try something you've never done before.

CAPRICORN

DEC 22-JAN 20



A replacement becomes necessary. A moving statement causes excitement. Loving gestures will be made.

SAGITTARIUS

NOV 23-DEC 21



A sentimental woman finds happiness. Weather creates relationship problems. A powerful person is on your side.

LIBRA

SEPT 23-OCT 23



A happy-go-lucky guy makes a surprising confession. A notorious liar is being passive-aggressive. An apathetic person causes discomfort.

SCORPIO

OCT 24-NOV 22



Somebody is still waiting for an answer. You'll justify buying a comforting toy. A stoical person gets the message that the time has come.

LEO

JULY 23-AUG 23



A man thrives in a seething condition. You can resist the pangs of sadness. Someone's whining provokes idle threats.

AQUARIUS

JAN 21-FEB 18



An old-timer shoots down a useless theory. Take stock of what you need. You'll find the way to make dreams come true.

VIRGO

AUG 24-SEPT 22



A sophisticated woman accuses you of emotional detachment. Offer your services to help out. People are talking about a tempting offer.

PISCES

FEB 19-MARCH 20



Be passionate about a just cause. Social events will slow to a crawl. A guilt trip can bring you good luck.

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